

# Venison Bourguignon

## For the Casserole

1.5kg venison, diced  
250gm bacon, diced  
Olive oil  
1 lge brown onion, peeled and diced  
1 carrot, peeled and finely diced  
450ml red wine  
300ml beef stock  
1 can chopped tomatoes  
1 Bouquet garni (bay leaf, thyme, parsley)

## For the Garnish

18 small pickling onions  
150gm button mushrooms, quartered  
30gm butter  
Olive Oil  
½ bunch parsley, chopped

## Preparation

Heat oil in a heavy based casserole dish and cook bacon until crisp. Remove bacon from the pan and set aside. Fry the venison in the bacon juices until browned, season and then remove from the pan and set aside. In the same pan, gently brown the onion, garlic and carrot, then remove from the pan and set aside. Add the red wine to the pan, stir gently and heat though (deglaze pan). Return the bacon, venison and vegetables to the pan and add enough stock to almost cover the meat. Stir in the tomatoes and add the bouquet garni. Bring to a simmer then cover and place in the oven until the meat is tender. (Approx. 2 hours on 160° C). Remove the bouquet garni. Prepare the garnish by sautéing the onions and mushroom in butter and oil until completely tender. Season the garnish with chopped parsley and salt and pepper to taste. Add the garnish to the meat, stir through and serve on a bed of mashed potatoes.

Serves 6